

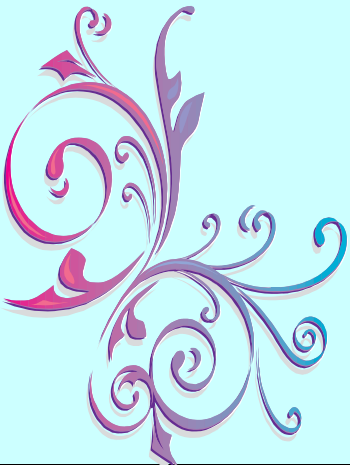























May  
2009



Centennial Recreation Senior Center  
171 W. Edmundson Ave., Morgan Hill  
*Activities and Special Events for Adults 50+*

Hours:  
8am-3pm  
Monday-Friday

Susan Fent—Senior Center Director  
Denise Melroy—Program Assistant  
Patricia Wyman—Senior Café Manager  
Sandra Madriles—Cook  
Alma Ramos—Kitchen Aide  
Contact us: 782-1284

Other Fitness Programs	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The Senior Center is part of a larger multigenerational facility, partnered by the City of Morgan Hill and the Mt. Madonna YMCA. In addition to the programs being offered at the Senior Center, the Centennial Recreation Center (CRC) offers a wide array of fitness and aquatic programs for all ages. Visit the front desk of the CRC or the Senior Center for a listing and description of fitness programs.</p> <p><b>Everyday at the Senior Center</b></p> <p><b>The Daily Grind</b> Coffee, Pastries, Newspaper, TV, Puzzles, Cards in the Senior Center Lobby Weekdays 8am-3pm</p> <p><b>Games and More</b> Billiards, Air Hockey, Ping-Pong, Foosball Weekdays 8am-3pm</p> <p><b>Free Computer Use with Access to Wi-Fi</b> Weekdays 8am-10pm (50+ Age specific hours weekdays 8am-3pm)</p> <p><b>Morgan Hill Senior Café</b> Lunch served weekdays at 12 pm Sign-in by 11:30am</p>	<p></p>	<p><b>Monday's Ongoing Programs</b> Walking Group 9:00 am Creative Writing 9:30 am Bingo 10:30 am Bridge 1:00 pm Duplicate Bridge 6:30 pm</p> <p></p>	<p><b>Tuesday's Ongoing Programs</b> Scrapbooking 10:00 am Senior Aerobics 10:00 &amp; 11:00 am Chair Yoga 10:30 am Line Dancing 1:00 pm 50+ Pilates 2:00 pm</p> <p></p>	<p><b>Wednesday's Ongoing Programs</b> Drawing for Dummies 10:00 am Bingo 10:30 am Chair Tai Chi 10:30 am Computer Co-Pilots 12 pm Laptop Users 12 pm Wii Bowling 1 pm Tai Chi for Wellness 6:30 pm (at the CCC)</p> <p></p>	<p><b>Thursday's Ongoing Programs</b> Walking Group 9:00 am Knitting 10:00 am Brain Games 10:00 am Senior Aerobics 10:30 am 50+ Yoga 10:15 am Sing-along w/Denise 11:00 am Watercolor 1:00 pm 50+ Pilates 2:00 pm</p>	<p><b>Friday's Ongoing Programs</b> Senior Aerobics 10:00 &amp; 11:00 am Ballroom Dancing 1:00 pm Bridge Lessons 1:00 pm</p> <p></p>	<p><b>Saturday's Ongoing Programs</b> Women's 50+ Basketball 10:00 am</p> <p></p>
	<p></p>				<p></p>	<p><b>1</b> Music and Dancing with Fred Schulze 11:00 am <b>Coffee with the Mayor 11 am</b> Dementia Caregiver Support Group 2:00 pm <b>Senior Ball 5:00 pm</b></p>	<p><b>2</b> Osher Lifelong Learning Institute "Mr. Jefferson at Home" 10:00-12:00 <b>Golf Lessons 12:00 pm</b></p>
	<p><b>3</b></p> <p></p>	<p><b>4</b> Osher Lifelong Learning Institute - "21st Century Mission for Public Schools" 10:00 am <b>Movie Matinee - 1 pm "Secondhand Lions"</b></p>	<p><b>5</b> <b>Cinco de Mayo</b> "How to Stay Safe in Your Home" 11:00 am <b>Dementia Caregiver Support Group 6 pm</b></p> <p></p>	<p><b>6</b> Photography Club 7:00 pm</p> <p></p>	<p><b>7</b></p> <p></p>	<p><b>8</b> Music with Jim Cianello 11:00 am</p> <p></p>	<p><b>9</b> <b>Golf Lessons 12:00 pm</b></p> <p></p>
	<p><b>10</b> <b>Happy Mother's Day!</b></p> <p></p>	<p><b>11</b> Accordion Music with Ursula 11:00 am <b>Mother's Day Celebration— Strawberry Shortcake 12:30 pm, \$2.00</b></p>	<p><b>12</b> Red Hawk Casino Trip (Leave MH at 7:00 am) <b>Reservations required.</b></p>	<p><b>13</b></p> <p></p>	<p><b>14</b></p> <p></p>	<p><b>15</b> <b>Birthday Party!</b> Music and Dancing with Fred Schulze 11 am <b>Blood Pressure Screening 9:30 am</b></p>	<p><b>16</b> <b>Golf Lessons 12:00 pm</b></p>
	<p><b>17</b> <b>Duplicate Bridge 12 pm</b></p> <p></p>	<p><b>18</b> Movie Matinee "Bedtime Stories" 1:00 pm</p> <p></p>	<p><b>19</b></p> <p></p>	<p><b>20</b></p>	<p><b>21</b> Blood Glucose &amp; Cholesterol Screening 10am <b>Portraits of the Past 1:15 pm</b> SALA (by appt.)</p>	<p><b>22</b> Music with Jim Cianello 11:00 am <b>Health Insurance Counseling (by appt)</b></p>	<p><b>23</b></p>
	<p><b>24</b></p>	<p><b>25</b> <b>Senior Center Closed! Memorial Day!</b></p> <p></p>	<p><b>26</b> Table Mountain-Casino Trip (Leave MH at 7:30 am) <b>Reservations required.</b></p>	<p><b>27</b></p> <p></p>	<p><b>28</b></p>	<p><b>29</b></p> <p></p>	<p><b>31</b> <b>Lion's Club Breakfast 8:00 am-12:00pm</b></p> <p></p>

